

**ABSTRACT**

The present invention provides an undergarment, alone or in combination with a compatible overgarment. Also, an embodiment of the present invention includes a bodysuit comprising a torso section and an undergarment section. Undergarments of the present invention comprise a crotch panel for covering a crotch opening. In a closed position, the crotch panel is fixably attached to a back panel and is releasably attached to a front panel. The crotch panel is slidable from front to back which permits bodily waste elimination without the need for disrobing. In the open position, the crotch panel can be secured to the back panel. Methods of facilitating elimination of bodily waste are also provided by the present invention.